

On the Water Cross-Over Warm-Up

- 5 Minute steady paddle (concentrating on high top hand and full blade next to boat)
- Bow rudder then big sweep on opposite side (sweeping up style) – 3 each side
- 2 Forward strokes into bow rudder/slice/pull on same side (C1 on-side up style) 3 each side
- Sweep then cross-bow rudder followed by 3 cross-bow forward strokes – 3 each side
- Forward sweep to reverse sweep on opposite side – 2 each side
- Forward stroke into trailing reverse stroke (D stroke) – 2 each side
- 10 easy forward strokes then 10 sprinting forward strokes x 6